



## Tagliatelle with Asparagus and Tomato, and Kale Salad

Prep Time: 20 min  
Cook Time : 25 min  
Serves: 4

**NUTRITION FACTS, PER SERVING:**  
570 calories  
11.7 total grams of fat  
700 mg of sodium



### INGREDIENTS: \*\* Items not included in kit

- 2 tbsp olive oil\*\*
- 2 cloves garlic , peeled and sliced
- 1 small bunch basil , leaves and stalks finely chopped
- 2 cans plum tomatoes
- 1 tsp sea salt\*\*
- freshly ground black pepper to taste\*\*
- 1 bunch asparagus
- 1 pack fresh tagliatelle (or fettuccine)
- extra virgin olive oil , to serve\*\*
- Parmesan cheese , to serve
- 4 cups chopped kale
- 1/4 cup olive oil\*\*
- 2 Tbsp balsamic vinegar
- 2 tsp honey
- 1/2 tsp minced ginger
- Salt\*\*
- Black Pepper\*\*

### DIRECTIONS:

1. Heat a saucepan over a medium heat and add a nice lug of **olive oil**. Add the **garlic** and fry until it turns a light golden brown. Add the chopped **basil** stalks and **canned tomatoes**, and bring to the boil. Season with **pepper** and a tiny pinch of **salt**, then simmer for 5 minutes.
2. Snap the woody ends off the **asparagus** stalks and throw them away. You can either chop the asparagus finely with a knife or use a food processor. Add it to the tomato sauce, let it simmer for 1 minute or so, then take it off the heat. Taste, and add a little **salt** and **pepper** if needed. Finish off the sauce by stirring in the **basil leaves**.
3. Cook the **tagliatelle** according to the packet instructions, then drain, reserving some of the pasta water. Toss in the pasta sauce with a little of the water to loosen. Serve with a drizzle of extra virgin olive oil and plenty of Parmesan cheese.
4. Wash, remove the ribs and pat dry **kale**. Break kale into bite size pieces. Place in a large bowl. Sprinkle with 1 tsp **salt** and massage the kale with your hands to start the breaking down process. Peel **ginger** and finely diced.
5. In a small bowl, place 1/2 tsp minced **ginger**, 2 tsp **honey**, 2 Tbsp **balsamic vinegar** and 1/4 tsp **black pepper**. Slowly add the **olive oil** and whisk until blended and emulsified.
6. Drizzle dressing over the kale, toss well and let it marinate for 10 minutes before serving.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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## Thai Pineapple Fried Rice

Prep Time: 10 min  
Cook Time : 30 min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

370 calories  
8 total grams of fat  
735 mg of sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 3 Cups Cooked and Chilled Jasmine Rice
- 2 Tbsp vegetable oil, divided\*\*
- 2 Eggs beaten with a dash of salt\*\*
- 1 1/2 cups canned in its own juice pineapple, chopped and drained
- 1 large red bell pepper, diced
- 1/2 bunch green onions, chopped
- 2 cloves garlic minced
- Raw unsalted cashews, chopped
- 2 Tbsp soy sauce
- 2 Tsp chili garlic sauce
- 1 small lime, halved
- Salt to taste\*\*
- Handful of fresh cilantro leaves, torn into small pieces for garnishing

### DIRECTIONS:

1. Cook **rice** according to instructions, when done, spread on a cookie sheet to cool off.
2. Heat a large non stick skillet over medium high heat. Once the pan is hot, add **1 tsp oil** , pour the **beaten eggs**, stir and cook until lightly scrambled about 1 minute. Transfer **eggs** to a bowl. Wipe out skillet with a paper towel if needed.
3. Add **1 Tbsp oil** to skillet and add the **pineapple** and **peppers**. Cook, stirring constantly, until any liquid has evaporated and the **pineapple** is caramelized on the edges, about 3-4 minutes. Then add the **green onions** and **garlic**. Cook until fragrant, about 30 seconds stirring constantly. Transfer to the bowl with the scrambled eggs.
4. Reduce heat to medium and add the remaining **2 tsp of oil** to skillet. Pour **cashews** and cook until fragrant, about 30 seconds. Add the **rice** to the skillet and stir to combine. Cook until the rice is hot, stirring occasionally for about 3 minutes.
5. Pour the contents of the bowl back into the skillet and stir to combine, breaking up the eggs with the spoon. Cook until warm and remove from the heat. Add the **soy sauce** and **chili garlic sauce**. Squeeze the **juice of 1/2 lime** over the dish and stir to combine. Season with **salt** to taste.
6. Serve on individual bowls and garnish with torn **cilantro leaves**.

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# How to Cook Rice on the Stove

## Ingredients:

1.5 cup rice  
3 cups water  
1/2 teaspoon salt  
1 tablespoon butter or oil (optional)

## Equipment:

Small (2-quart or so) saucepan with a lid  
Stirring spoon

## DIRECTIONS:

**Pre-cooking:** It's good practice to rinse your rice in a strainer before cooking with the exception of Jasmine Rice. This isn't strictly necessary, but it will rinse off any dusty starch on the surface of the rice along with any leftover chaff or stray particles. (Some rices have more starchy coating than others.)

**1. Measure the Rice and Water:** For most rice, use a 1:2 ratio of one cup of rice to two cups of water. Measure a half cup of uncooked rice per person and scale this ratio up or down depending on how much you're making. Some rice varieties will need a little less or a little more water as it cooks, so check the package for specific instructions.

**2. Boil the Water:** Bring the water to boil in a small sauce pan. Rice expands as it cooks, so use a saucepan large enough to accommodate. A 2-quart saucepan for one to two cups of uncooked rice is a good size.

**3. Add the Rice:** When the water has come to a boil, stir in the rice, salt, and butter (if using), and bring it back to a gentle simmer.

**4. Cover and Cook:** Cover the pot and turn the heat down to low. Don't take off the lid while the rice is cooking — this lets the steam out and affects the cooking time.

### Approximate cooking times:

- White Rice: 18 to 25 minutes
- Brown Rice: 30 to 40 minutes
- Wild Rice: 45 to 60 minutes

Start checking the rice around 18 minutes for white rice and 30 minutes for brown rice. When done, the rice will be firm but tender, and no longer crunchy. It is fine if it's slightly sticky but shouldn't be gummy. If there is still water left in the pan when the rice is done, tilt the pan to drain it off.

**5. Turn Off the Heat and Remove the Lid:** When the rice is done, turn off the heat and take off the lid. Fluff the rice with a spoon or a fork, and let it sit for a few moments to "dry out" and lose that wet, just-steamed texture.

Rice keeps well in the fridge for several days, so you can make extra ahead to serve later.